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1. An incremental weight system adapted for use in weight training, comprising:
  - a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces, wherein each incremental weight comprises a thin disk having a center opening adapted to receive a standard olympic barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight training apparatus.
2. The incremental weight system of claim 1 wherein the plurality of incremental weights comprises at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.
3. The incremental weight system of claim 2 further comprising at least one quarter-ounce weight.
4. An incremental weight training apparatus, comprising:
  - a standard olympic barbell;
  - a set of standard olympic weights; and,
  - a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces, wherein each incremental weight comprises a thin disk having a center opening adapted to receive the standard olympic barbell and a slot extending from the center opening to the perimeter of the disk.
5. The incremental weight training apparatus of claim 4 wherein the plurality of incremental weights comprises at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one

eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

5 6. The incremental weight training apparatus of claim 5 wherein the plurality of incremental weights further comprises at least one quarter-ounce weight.

7. The incremental weight training apparatus of claim 4 wherein the slot is adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

10 8. An incremental weight training apparatus, comprising:  
a cable-type weight training apparatus; and,  
a plurality of incremental weights ranging in weight from about one  
quarter-ounce to about thirty two-ounces, wherein each incremental weight comprises  
15 a thin disk having a center opening and a slot extending from the center opening, the  
slot being adapted to receive a weight-bearing cable of the cable-type weight training  
apparatus.

20 9. The incremental weight training apparatus of claim 8 wherein the plurality of incremental weights comprises at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

25 10. The incremental weight training apparatus of claim 9 wherein the plurality of incremental weights further comprises at least one quarter-ounce weight.

11. The incremental weight training apparatus of claim 8 wherein the center opening is adapted to receive a standard olympic barbell.

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13. An incremental weight adapted for use with both a standard olympic barbell and a cable-type weight training apparatus, the incremental weight having a weight of about one half-ounce.

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adding incremental weights ranging from about one quarter-ounce to about thirty two-ounces to the starting resistance in increments of less than about five-ounces; and,

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16. The method of claim 15 wherein the incremental weights comprise at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

17. The method of claim 16 wherein the incremental weights further comprise at least one quarter-once weight.

5 18. The method of claim 15 wherein the incremental weights comprise a thin disk having a center opening adapted to receive a standard olympic barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

19. The method of claim 15 wherein the starting resistance comprises a standard olympic barbell and standard matched olympic weights.

10 20. The method of claim 15 wherein the starting resistance comprises a weight resistance selected from a cable-type weight training apparatus.

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